

Nutrient Standards According to Established Grade Groups

Traditional Meal Pattern

BREAKFAST

Age/ Grade Group:	Preschool	Grades K-12
Energy Allowance (Calories)	388 calories	554 calories
Protein (grams)	5 g	10 g
Calcium (milligrams)	200 mg	257 mg
Iron (milligrams)	2.5 mg	3.0 mg
Vitamin A (RE)	113 RE	197 RE
Vitamin C (milligrams)	11 mg	13 mg
Sodium (milligrams)	600 mg	600 mg
Cholesterol (milligrams)	75 mg	75 mg
Fiber (grams)	3.88 g	5.54 g
Total Fat	No more than 30% of total calories should come from fat.	
Saturated Fat	Less than 10% of calories should come from saturated fat.	

* Standards for sodium, cholesterol, and fiber are based on recommendations from USDA Children's Nutrition Research Center and the National Research Council.

** The grams of fat and saturated fat will vary depending on the calorie level.

LUNCH

Age/Grade Group:	Preschool	Grades K-3	Grades 4-12	Grades 7-12 (Optional)
Energy Allowance (Calories)	517 calories	633 calories	785 calories	825 calories
Protein (grams)	7 g	9 g	15 g	16 g
Calcium (milligrams)	267 mg	267 mg	370 mg	400 mg
Iron (milligrams)	3.3 mg	3.3 mg	4.2 mg	4.5 mg
Vitamin A (RE)	150 RE	200 RE	285 RE	300 RE
Vitamin C (milligrams)	14 mg	15 mg	17 mg	18 mg
Sodium* (milligrams)	800 mg	800 mg	800 mg	800 mg
Cholesterol* (milligrams)	100 mg	100 mg	100 mg	100 mg
Fiber* (grams)	5.17 g	6.33 g	7.85 g	8.25 g
Total Fat **	No more than 30% of calories should come from fat.			
Saturated Fat **	Less than 10% of calories should come from saturated fat.			

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** The grams of fat and saturated fat will vary depending on the calorie level.